

# A look at health equity barriers of GLP-1 diabetic medications

## About GLP-1s

GLP-1 utilization has grown substantially over the last decade – from 4.8 per 1000 members in 2013 to 28.3 in 2022. This is a compound annual growth rate (CAGR) of 22%. Likewise, spend on these medications grew from \$13 allowed PMPY to \$184; a CAGR of 35% over that same period.

GLP-1 medications can be divided into two groups based on their indication – those prescribed for type 2 diabetes and those used for weight management. While the decision to cover weight management GLP-1s is heavily debated across plan sponsors, diabetes-specific GLP-1s have been largely included on formularies for the last decade.



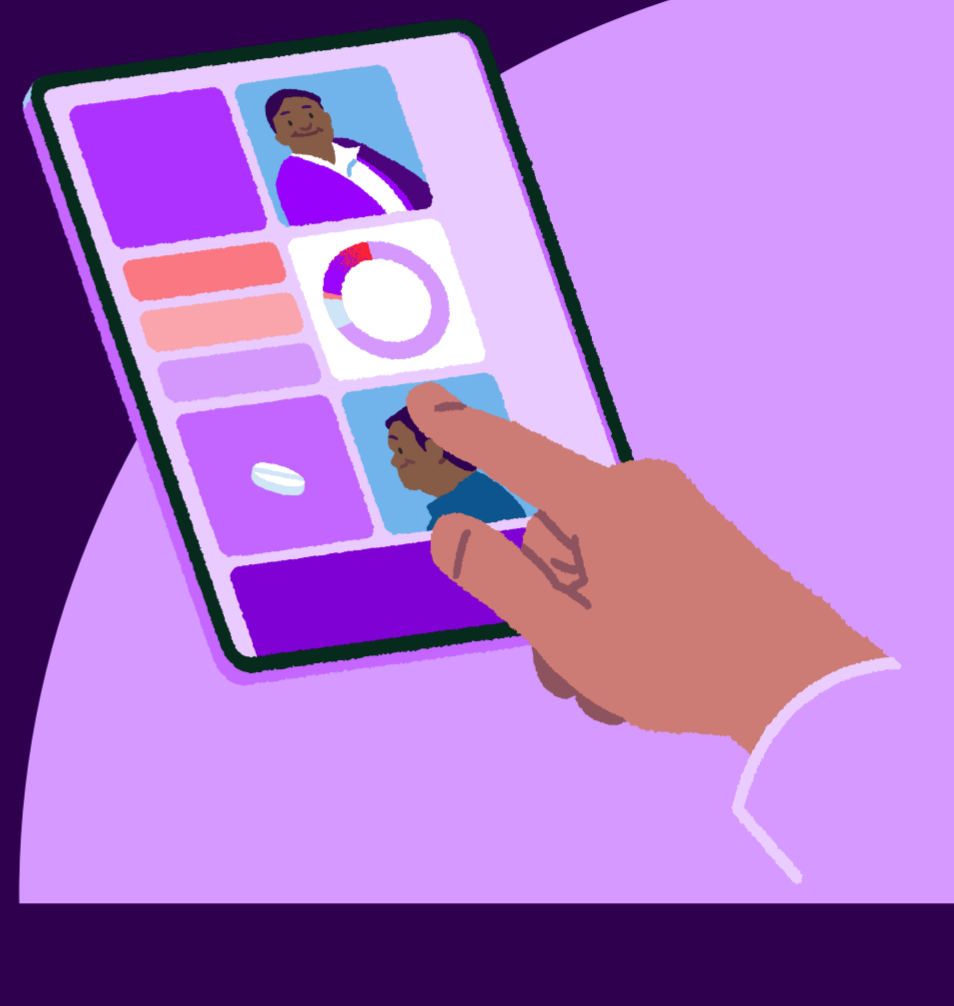
## GLP-1 medications as of September 2023

Brand name	Generic name	Indication	Drug class
Victoza	Liraglutide	Diabetes	GLP-1
Saxenda	Liraglutide	Weight management	GLP-1
Bydureon BCise	Exenatide ER	Diabetes	GLP-1
Trulicity	Dulaglutide	Diabetes	GLP-1
Adlyxin	Lixisenatide	Diabetes	GLP-1
Ozempic	Semaglutide	Diabetes	GLP-1
Rybelsus	Semaglutide	Diabetes	GLP-1
Wegovy	Semaglutide	Weight management	GLP-1
Mounjaro	Tirzepatide	Diabetes	GIP / GLP-1

## About health equity

Studies have unmasked that “diabetes is a disease highly influenced by social determinants of health factors”<sup>1</sup>. To better engage and promote healthier options for populations at risk, employers and health plans need to understand the upstream drivers and root causes. Additionally, addressing social drivers of health and health equity continues to be a leading issue across all health sectors:

- CMS has developed a strategy and provided for substantial funding (Medicare and Medicaid)
- Health plans are required to screen for social needs through new a NCCA measure and stratify reporting by race/ethnicity (2023)
- Hospitals are required to screen for social needs through two new measures (2023)



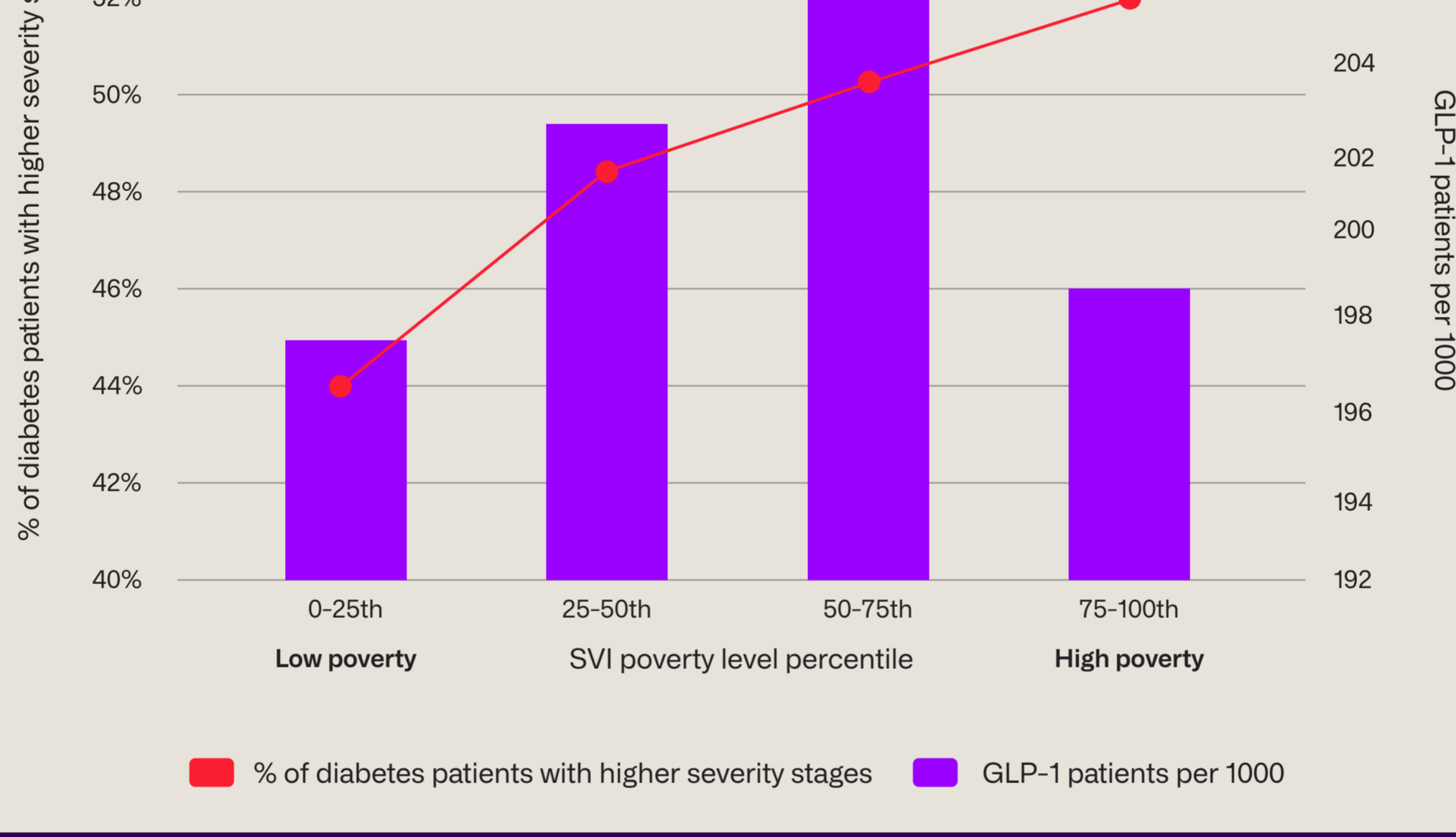
“**Social vulnerability** refers to the potential negative effects on communities caused by external stresses on human health. Such stresses include natural or human-caused disasters, or disease outbreaks. Reducing social vulnerability can decrease both human suffering and economic loss<sup>2</sup>.”

By using publicly available data such as the CDC’s Social Vulnerability Index, organizations can gain a better understanding of the community factors present in their populations.

## Dive into the data

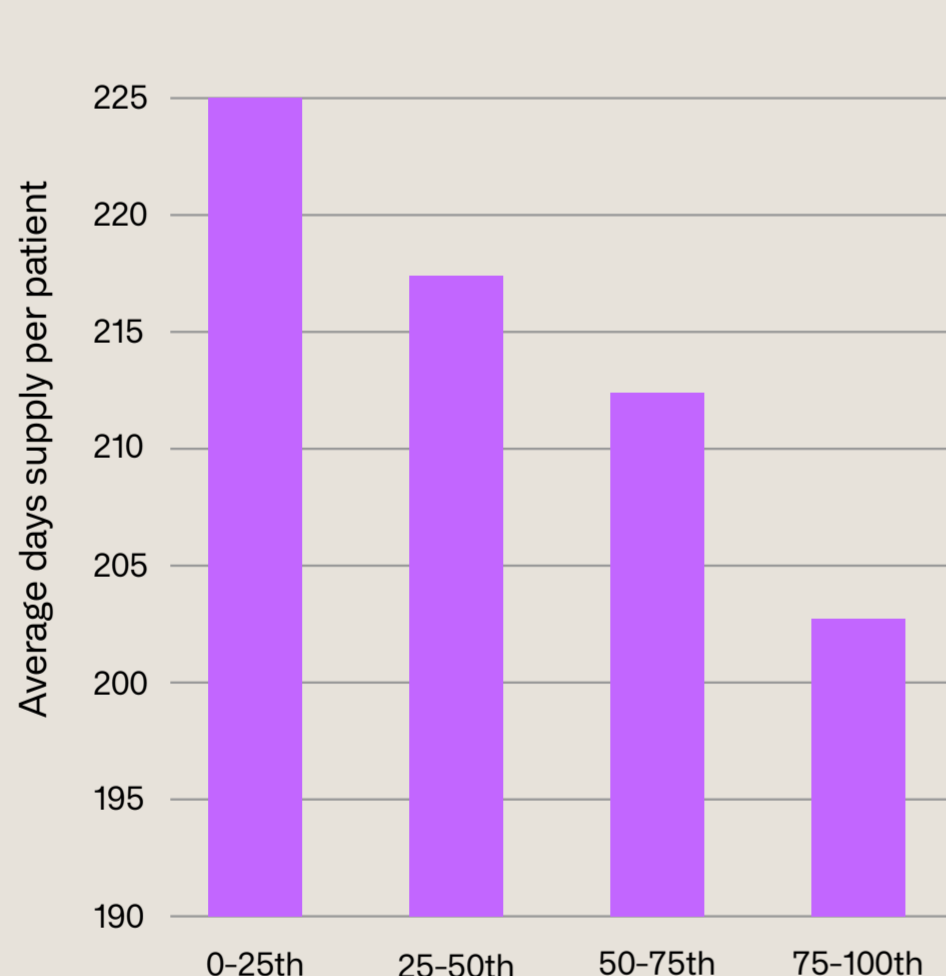
MarketScan<sup>®</sup> by Merative<sup>™</sup> provides deidentified, longitudinal, patient-level closed claims and specialty data for 293M+ patients sourced directly from a diverse pool of payers. Data used in this infographic is a commercial population, incurred April 2021–March 2022, paid through March 2022. SVI data was applied to MarketScan at the zip code level.

GLP-1 patients per 1000 compared to % of diabetes patients with higher severity stages

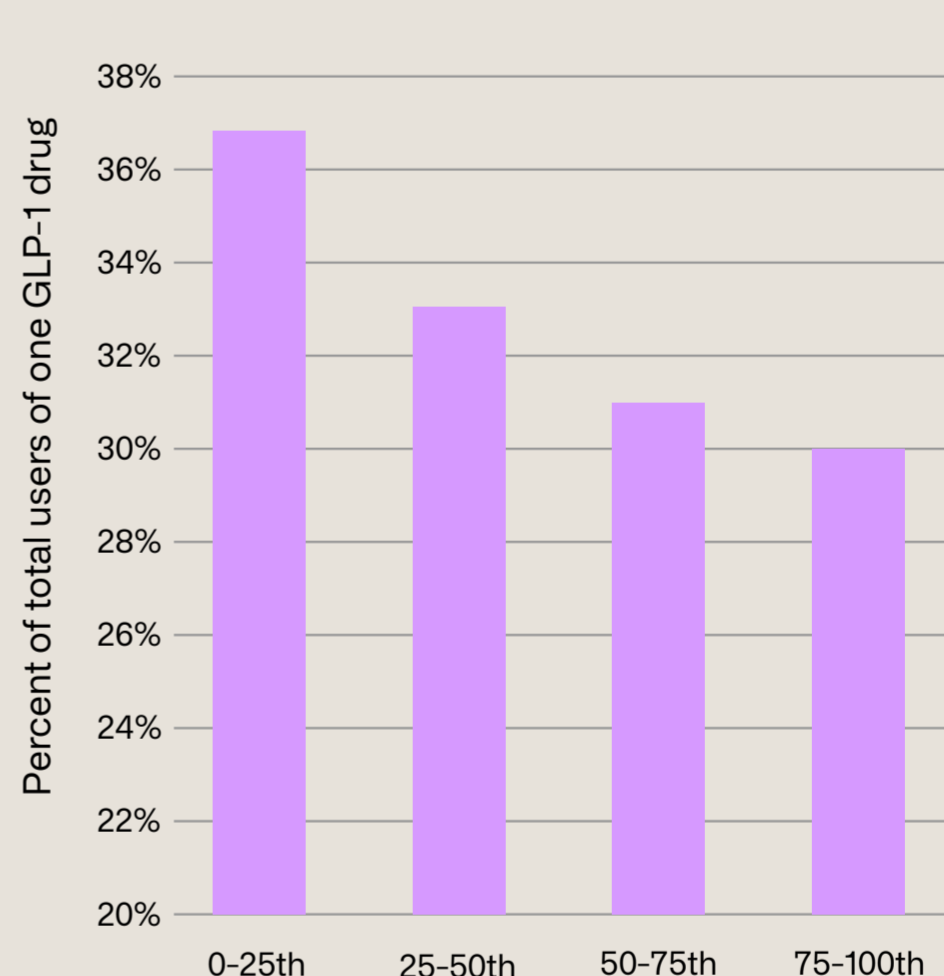


■ % of diabetes patients with higher severity stages ■ GLP-1 patients per 1000

Average annual GLP-1 days supply per patient



% of potential off-label utilization for one GLP-1 drug



## Next steps

Continue to monitor GLP-1 utilization and outcomes in your population and ask questions, such as:

- What is the clinical profile of patients using these medications?
- Have their diabetes outcomes improved?
- Are there social or economic disparities in their utilization?
- How do prior authorizations and member out-of-pocket costs impact low income populations?

- Integrate data sources together to:

- Understand how risk factors vary between communities that members live in and the impact to health equity
- Compare various segments of your population with aggregated data and improve population health through increased engagement and improved program design
- Evaluate cost and utilization and impact to certain conditions such as COVID-19 and mental health
- Surface the attitudes, lifestyles, and behaviors of your members and their families
- Identify at-risk populations that may face health equity challenges



## Want to learn more about GLP-1s?

Want to learn more about weight loss drugs and what health plans and employers should consider?

[Read our whitepaper](#) ↗

## About Truven

Truven by Merative is a portfolio of healthcare data and analytics solutions, backed by 40 years of deep healthcare expertise. We provide trusted insights and proven expertise to help employers, health plans, life sciences organizations, and government agencies drive better health and financial outcomes. With market-leading solutions like Health Insights and MarketScan, Truven serves 7 of the top U.S. health plans, over 40% of the Fortune 500, and the top 20 global pharmaceutical companies.

Learn more at [merative.com/truven](https://merative.com/truven)

## References

<sup>1</sup><https://diabetesjournals.org/care/article/46/9/1590/151594/Overview-of-Social-Determinants-of-Health-in-the?searchresult=1>

<sup>2</sup>[www.atcdr.cdc.gov/placeandhealth/svi/index.html](https://www.atcdr.cdc.gov/placeandhealth/svi/index.html)